Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00-1:30pm Adult Lap/Open Swim	12:00-1:30pm Adult Lap/Open Swim	12:00-1:30pm Aquacise (Only)	12:00-1:30pm Adult Lap/Open Swim	12:00-1:30pm Adult Lap/Open Swim	10:00-10:45am Adult Lap Swim
Lap and Instructional Pool	1:45-2:45pm Water Walk 3:15-5:00pm Open Swim	1:45-2:45pm Water Walk 3:00-4:30pm Open Swim	1:45-2:45pm Water Walk 3:15-5:00m Open Swim	1:45-2:45pm Water Walk 3:00-4:30pm Open Swim	1:45-2:45pm Water Walk 3:15-5:15pm Open Swim	11:00am-11:45am Adult Open Swim 12:00-2:00pm Youth/Family Open Swim
	5:15-6:00pm (LTS Adult) 6:15-7:15pm Aqua Aerobics (Only)	5:00-5:45pm (Youth LTS) *4:30-7:30pm Lifeguard Class (January 14th- March 31st)	5:15-6:00pm (LTS Adult) 6:15-7:15pm Aqua Aerobics (Only)	5:00-5:45pm (Youth LTS) *4:30-7:30pm Lifeguard Class (January 14th- March 31st)	5:30-7:30pm Family Swim All children under & 4 feet tall must be supervised in the using the slide musing t	accompanied and water by an adult. r adult. Children ust be at least 48
Water Slide and Kiddie Pool	3:15-5:00pm Open	3:00-4:30pm Open	3:15-5:00pm Open	3:00-4:30pm Open	3:15-5:15pm Open 5:30-7:30pm Family Fun Time	12:00-2:00pm /3:15-5:15pm Youth/Family Open Swim

During all family activities, children must be accompanied by a parent / guardian

Schedule subject to change without prior notice



Collinwood Recreation Center 16300 Lakeshore Blvd CITY OF CLEVELAND 216/420-8323

Adult Activities

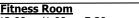
Senior Fitness (Bands, Weights, Balance) M,W,F 7:30-9:30am Core Exercise Mon/Wed/Fri 9:10-9:30am Hula Hoop Mon/Wed/Fri 9:30-10:00am Step, Kick, Tone Mon, Wed, Fri 10:00-11:00am Step, Kick, Tone Tues/Wed 6:00-7:00pm Walking Club Mon/Wed/Fri 7:00-10:00am Senior Line Dance Mondays 11:00-12:30pm Computer Basics Tues/Wed/Thurs 10:00-12:30pm I-Connect Wednesdays 10:00-11:00am Strength Training Thursdays 6:00-7:30pm Strength Training Saturdays 11:00-12:00pm Zumba Mondays 6:00-7:30pm Saturdays 12:15-1:15pm Vision Writing Class Abs/Stretch Class Saturdays 10:00-10:50am **Nutrition Workshop** Mondays 9:00-10:00am Aerobic Walk 8:00-9:00am Mon/Wed/Fri

Open Track

Monday - Friday 7:00am-3:00pm Adults Only 12+ 3:00pm-7:30pm 10:00am-12:00pm Saturday Family Time

> 12:00pm-5:30pm 12+

Fitness room is closed from 12-1pm due to cleaning Monday-Friday



Monday - Friday 7:00am-12:00pm/1:00pm-7:30pm 18+ 10:00am-5:30pm 18+ Saturday

NO ONE UNDER 18 years of age permitted to use fitness equipment **Gymnasium Schedule**

Basketball Game

12-18

Saturday

10:00am-2:00pm

NCT Cheerleaders

1:00pm-2:15pm

Pee Wee

Basketball

Program

4-7 years old

2:30pm-3:45pm

Open Gym

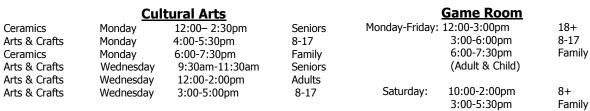
8-17 years old

4:00pm-5:30pm

Golden Oldies

Basketball

25+/30+



Youth Activities 1:00-4:00pm (8-adults) Karate Saturdays 4:00-5:00pm (8-18)Afterschool meals Mon-Fri Mon/Tues/Thurs 4:00-7:00pm YLP Mentoring (11-18)In-House Basketball Mon-Fri 5:00-7:30pm (8-18)Sewing Class 6:00-7:00pm (8-adults) Wednesdays Cheerleading 6:00-7:30pm Wed&Thurs (3-18)Cheerleading Saturdays 10:00-2:00pm (3-18)Ballet Mondays 5:00-6:00pm (5-18)After School Café Thursdays 4:00-7:00pm (11-18)After School Café Saturdays 1:00-4:00pm (11-18)**Bucket Drumming** Thursdays 5:00-6:00pm (12-18)Algebra Boot Camp Mon&Wed 4:00-6:00pm (11-18)**Vision Writing Class** Thursdays 4:30-5:30pm (13-17)

No pets allowed in City of Cleveland facilities.

Ceramics

Ceramics

All children under 8 years old must be accompanied and supervised by an adult in the facility when not using the tot room.

8-11

Tot Room is available

for ages 4-7 years during

designated times only

Monday –Thursday:

5:30-7:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-2:30pm	12:00-2:30pm	12:00-2:30pm	12:00-2:30pm	12:00-2:30pm
Open Gym	Open Gym	Open Gym	Open Gym	School Group
Adults	Adults	Adults	Adults	8-17
3:00-4:15pm	3:00-4:15pm	3:00-4:15pm	3:00-4:15pm	3:00-4:15pm
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8-17 years old	8-17 years old	8-17 years old	8-17 years old	8-17 years old
4:30pm-5:30pm Girls Basketball Skills and Drills 12-18	4:30pm-5:30pm Kickball 8-18	4:30pm-5:30pm Youth/Junior Girls Basketball Skills 8-14	4:30pm-5:30pm Dodgeball 8-18	4:30pm-5:30pm Kickball 12-18
5:30pm- 7:30pm	5:30pm-7:30pm	5:30pm-7:30pm	5:30pm-7:30pm	5:30pm-7:30pm
Youth In-House	Junior In-House	Senior In-House	Youth In-House	Seniors vs Juniors
Basketball Practice	Basketball Practice	Basketball Practice	Basketball Game	In-House

15-18

8-11

12-14